Last Night I Sang to the Monster

Lesson Plan

Goal: Increase students’ knowledge about chemical dependency and related mental health issues to develop a foundation prior to reading the book.

Student population: high school students with IEPs in an alternative CCS program (approximately 10-12 students).

1. Discuss chemical dependency (global aspects -- examples of mood-altering substance, symptoms, etc.).
2. Allow the students’ comments to guide the discussion. In-depth personal stories/experiences should not be discussed at this point.
3. Develop definition for chemical dependency – modify as needed to include critical components.
4. Discuss mental health (global aspects)
5. Allow the students’ comments to guide the discussion. In-depth personal stories/experiences should not be discussed at this point.
6. Develop definition of mental health –modify as needed to include critical components.
7. Identify chemical dependency effects on emotional/mental health.
8. Introduce the book, Last Night I Sang to the Monster.

The book will be read in small sections, accompanying the students on Zach’s journey. As this book is very powerful and “raw” it will be critical to explore interpret, and synthesize together.